

The Norman Times

Norman Park Senior Center
270 F St. Chula Vista, 91910



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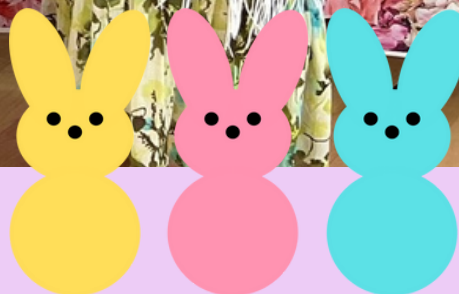
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IMPORTANT INFO



Yoga is BACK !!! Join us on Thursdays from 4pm-5pm.
See page 1 for more details.

Join us For Dance Cardio Party
Mondays and Wednesdays from 4pm-5pm
See page 1 for pricing.

Classes, Activities, & Groups



MORNING FITNESS

Monday-Thursday 8:00AM-9:00AM FREE

Our most popular class!! A gentle class intended for Seniors to improve strength and flexibility. Space is limited and Pre-Registration is required each month.



CIRCUIT TRAINING

Mon/ Wed / Fri 9:30AM-10:30AM FREE

Come get a workout in our outdoor fitness area. Full body, burn calories, and work on different muscle groups all while having fun!



YOGA

**Thursdays 4PM - 5PM April- \$19.50 Res / \$24.50 Non-Res
\$8 Drop-In Fee**

Gentle movement and stretching through yoga poses. Yoga can reduce swelling in joints while increasing joint mobility. Yoga improves balance which can be especially helpful for Seniors.



DANCE CARDIO PARTY

**Mon / Wed 4:00 PM-5:00PM April- \$32 Res/ \$37 Non-Res
\$4 Drop-In Fee**

Get your heart pumping as you feel the rhythm of the music. It's not a workout, it's a party! Join Rita for a fun way to get fit!



LINE DANCE

**Advanced Class: Tuesdays 10:00AM-11:00AM FREE
Beginners Class: Tuesdays 11:00AM-12:00PM FREE**

Come line dance with us! You don't need a partner but you can bring all your friends to this fun workout! Everyone learns at a different pace so choose between Advance or Beginner levels. This class is taught by Christine Schroeder.

Classes, Activities, & Groups



ART WATERCOLOR

Mondays 9:00AM - 12:00PM FREE

Are you interested in painting with watercolor? Join this group to meet and paint with other artist? Must bring your own materials.



KNITTING & CROCHETING

Wednesday 9:30AM- 11:30AM FREE

Join this friendly group of people who love to knit and crochet in a good company. We have participants of all skill-levels, and would love to see new faces!



SINGING SENIORS

Tuesdays 1:00PM - 3:00PM FREE

Let you're voice shine! Singing Seniors is a group of members who sing all the right notes! The group provides a unique outlet of expression and gets out to perform!



MOVIE MONDAY

Mondays 1:00PM - 3:00PM FREE

Movie list on page 8-9

Hate Mondays? Not anymore! Enjoy the afternoon with a movie and fresh popcorn shown every Monday of the month!



POOL TOURNAMENT

Every Final Thursday of the month FREE

Got what it takes? Show off your skills in our pool tournament every last Thursday of the month! Food and beverage provided!

Classes, Activities, & Groups



PINOCHLE

Wednesdays 9:00AM - 1:00PM FREE

Join a fun group of seniors who enjoy playing Pinochle in a social and fun environment. Make friends and keep your mind active.



CHICAGO BRIDGE

Mondays 12:00PM - 3:00PM FREE

Bridge can provide a challenge as well as enjoyment for the rest of your life. Millions of people play bridge worldwide making it one of the world's most popular card games, particularly among seniors!



DUPLICATE BRIDGE

Wednesdays 12:00PM - 3:00PM FREE

Bridge can provide a challenge as well as enjoyment for the rest of your life. Millions of people play bridge worldwide making it one of the world's most popular card games, particularly among seniors!



MAHJONGG

Fridays 10:00AM - 2:00PM FREE

Traditionally played in group of four players, Mahjongg is a fun game that uses tiles. Both new and experience players are welcome. Bring a lunch to enjoy with this friendly group.



BINGO

**Fridays 1:00PM-4:00PM Bingo Sheet \$0.50
Daubers \$1**

Looking for something exiting to do at Norman Park? Look no further. Come and enjoy a wonderful atmosphere while you relax and play bingo.

Classes, Activities, & Groups



CHULA VISTA WALKS

Tues/Thurs 9:30AM FREE

Stay active by walking. Join the fun and walk with us! Please contact Norman park senior center for more information on meet up location.



TECH ONE ON ONE

Monday - Friday Appointment Only! FREE

Electronic devices are confusing, and it's always okay to ask for help! Make an appointment with our staff to get a better understanding of your device.



UCSD PARKINSON'S SUPPORT GROUP

1st Wednesday of the Month 1:00 PM FREE

You're not alone with Parkinson's, Join this group with many other seniors like you.



BEREAVEMENT

2nd & 4th Tuesday 10:00AM - 11:00AM FREE

Join us on a healing journey. Find comfort, validation, the knowledge that you are not alone that healing (not forgetting) is possible.



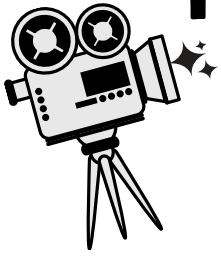
CLUB AMISTAD

Tuesdays 12:00PM - 4:00PM \$3 Member/4\$ Non-Member

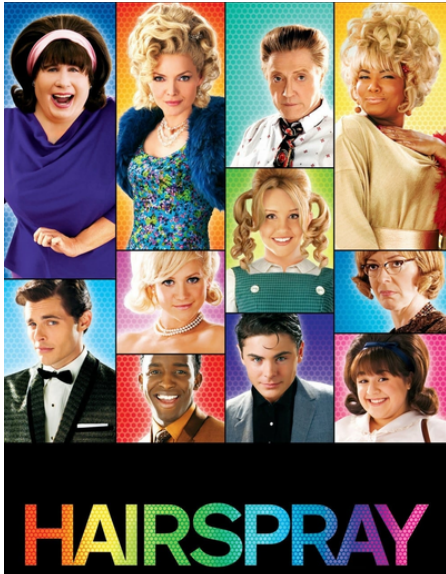
Fiesta! Club Amistad is a Latino friendship group. Club Amistad hosts a handful amount of activities for their members: birthday parties, games and dances.

MOVIE MONDAYS

APRIL 2023



April 3rd



HAIRSPRAY

Year: 2007 **Run Time:** 1Hr. 57min.

Genre: Musical/Comedy

Starring: John Travolta, Nikki Blonsky, Zac Efron

In 1960s Baltimore, dance-loving teen Tracy Turnblad (Nikki Blonsky) auditions for a spot on "The Corny Collins Show" and wins. She becomes an overnight celebrity, a trendsetter in dance, fun and fashion. Perhaps her new status as a teen sensation is enough to topple Corny's reigning dance queen and bring racial integration to the show.

April 10th



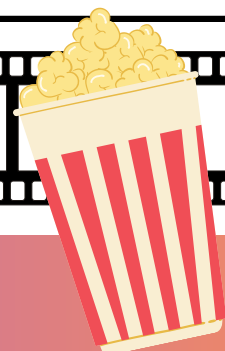
SHALL WE DANCE?

Year: 2004 **Run Time:** 1Hr. 46min.

Genre: Dance/Romance

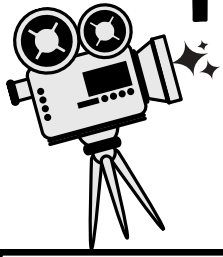
Starring: Richard Gere, Jennifer Lopez

Despite having a great career and a loving family, lawyer John Clark (Richard Gere) is missing something in his life as he meanders listlessly from day to day. On his commute back home one night, Clark notices a stunning woman (Jennifer Lopez) in a dance studio and decides on a whim to join a class for ballroom dancing. While Clark finds a new spark in his life, his wife, Beverly (Susan Sarandon), grows suspicious of his frequent absences, since he decides to keep his dancing a secret.



MOVIE MONDAYS

APRIL 2023



April 17th



BAD NEWS BEARS

Year: 2005 **Run Time:** 1Hr. 54min.

Genre: Comedy/Sport

Starring: Billy Bob Thornton, Greg Kinnear, Sammi Kane Kraft

Morris Buttermaker (Billy Bob Thornton) is a burned-out minor league baseball player who loves to drink and can't keep his hands to himself. His long-suffering lawyer (Marcia Gay Harden) arranges for him to manage a local Little League team, and Buttermaker soon finds himself the head of a rag-tag group of misfit players. Through unconventional team-building exercises and his offbeat coaching style, Buttermaker helps his hapless Bears prepare to meet their rivals, the Yankees.

April 24th



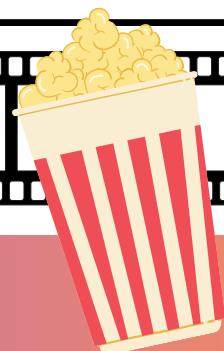
ANGELS & DEMONS

Year: 2009 **Run Time:** 2Hr. 18min.

Genre: Thriller/Mystery

Starring: Tom Hanks, Ewan McGregor, Ayelet Zurer

When Harvard symbologist Robert Langdon discovers the resurgence of an ancient brotherhood known as the Illuminati, he flies to Rome to warn the Vatican, the Illuminati's most hated enemy. Joining forces with beautiful Italian scientist Vittoria Vetra (Ayelet Zurer), Langdon follows a centuries-old trail of ancient symbols in the hope of preventing the Illuminati's deadly plot against the Roman Catholic Church from coming to fruition.





Brain Health

You Can Make a Difference!

Sharp Neurocognitive Research Center

**Where: Norman Park Senior Center
270 F St. Chula Vista, CA 91910**

When: April 24, 2023

Time: 9:00am – 10:00am

SHARP

Events & Presentations



PLAN FOR TOMORROW, TODAY
ST. PAUL'S EDUCATIONAL SERIES

2023 Schedule

WORKSHOP #1

PLANNING AHEAD

Date: 4/27/2023

Location: Norman Park Senior Center
270 F St, Chula Vista, CA 91910

Time: 9am - 11:30am

Topic 1: The Challenges of Aging

Topic 2: Five Essential Documents

Topic 3: Nutrition- Healthy Easy Meal
Prep/Nutrition



WORKSHOP #2

SENIOR LIVING & CARE OPTION

Date: 6/29/2023

Location: St. Paul's Conference Center
2557 3rd Ave, San Diego, CA 92103

Time: 9am - 11:30am

Topic 1: Navigating Medical System

Topic 2: Living and Care Options Explained



WORKSHOP #3 TOPIC

PHYSICAL & MENTAL HEALTH

Date: 8/24/2023

Location: Grossmont Health District
9001 Wakarusa St, La Mesa, CA 91942

Time: 9am - 11:30am

Topic 1: Mental Health and Senior Isolation

Topic 2: Fall Prevention



WORKSHOP #4 TOPIC

END OF LIFE PLANNING

Date: 10/26/2023

Location: St. Paul's Plaza
1420 E Palomar St, Chula Vista, CA 91913

Time: 9am - 11:30am

Topic 1: Hospice & Palliative Care, What is
the Difference?

Topic 2: End of Life Services: Traditional and
Non-Traditional



Light breakfast will be served. RSVP to Mary Johnson mjohnson@stpaulseniors.org

To learn more about St. Paul's Senior Services: StPaulsSeniors.org

*You're
Invited!*

PARKINSON'S DISEASE SUPPORT GROUP

The Parkinson and Other Movement Disorders Center at UC San Diego Health is facilitating an in-person monthly support group in Chula Vista. People living with Parkinson's disease and their CarePartners are welcome to join and share their experience in a supportive and friendly environment.

**1ST WEDNESDAY OF EVERY
MONTH 1:00-2:30PM**

Norman Park Senior Center
270 F Street
Chula Vista, 91910

Registration:

To receive reminder e-mails register at link:
<https://chulavistapdsupport.eventbrite.com>

QUESTIONS?

Adriana Gonzalez, LCSW | 858-822-0791

acg008@ucsd.edu

UPCOMING SCHEDULE

February 1st: Dr. Ghodsi from UCSD will be presenting on current PD research trials

March 1st: Emory D'Andrea a speech language pathologist will be talking about the impacts of PD on speech & what you can do about it!

UC San Diego Health

Chula Vista Walks



April

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 Veteran's Park	5	6 Veteran's Park	7	8
9	10	11 Hilltop Park	12	13 Hilltop Park	14	15
16	17	18 J St Marina Wind Chime	19	20 J St Marina Wind Chime	21	22
23	24	25 Norman Park Senior Center	26	27 Norman Park Senior Center	28	29
30						

Note:

RAIN DAYS - walk will take place at Plaza Bonita (by the Broken Yolk Cafe) starting at 10:00AM

Timeframe for each walk is 9:00-11:00AM which includes time to socialize

All walk locations subject to change. Contact Norman Park Senior Center Staff to confirm

2023



Club Amistad



TUESDAY 4 - MONTHLY MEETING



12:15 - 1:00PM Bring food to share with others
1:00 - 1:30PM Meeting reporting the activities of the month
1:30 - 3:30 PM Board games after the meeting



Members - \$3.00



Non Members - \$4.00



TUESDAY 11 - EASTER DANCE

12:15-1:00 PM Bring food to share with others
1:00-3:30 PM Dance celebrating Easter
Easter Hat Contest

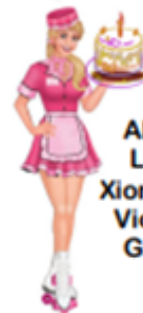


TUESDAY 18 - ROCK & ROLL DANCE

12:15-1:00 PM Bring food to share with others
1:00-3:30 PM Dance Celebrating Rock & Roll



TUESDAY 25 - NO dance or any event this day.



Happy Birthday!

Alfredo Asensio
Lila Castañeda
Xiomara Hernández
Victoria Ledezma
G. María Macías
Mary Ortiz
María Picart
Dolores Sánchez
Hilda Vallejo
Guillermina Vázquez

Information

Ceci Vázquez: 619.482.2141 • Lila Castañeda: 619.240.3628 • María López: 619.656.5986

NORMAN PARK SENIOR CENTER • 270 F Street • Chula Vista, CA 91910 • (619) 409-1930

Norman Park Center Partners



Age 55+ | Free | All-Electric Vehicles | Door-to-Door Service | ADA Accessible

CATCH A RIDE! Free rides are now offered for those 55+ in northwest Chula Vista.

Go to:

- the grocery store
- a friend's house
- the doctor's office
- and more!

You can request a ride via the
Circuit Inc. app or by phone.

**SHUTTLE SERVICE WILL BE PROVIDED
MONDAY - FRIDAY, 7 A.M. TO 7 P.M.**



Chula Vista Community Shuttle is funded by the Clean Mobility Options Pilot Program (CMO) and part of California Climate Investments (CCI), a statewide initiative that puts billions of Cap-and-Trade dollars to work reducing greenhouse gas emissions, strengthening the economy, and improving public health and the environment—particularly in disadvantaged communities. Funded by Clean Mobility Options voucher pilot program funds. In addition to Clean Mobility Options voucher pilot program funds, this service received a grant from Community Congregational Development Corporation (CCDC).



www.ridecircuit.com

Request a ride:
(646) 504-3733

Information:
(619) 409-5977

info@ridecircuit.com

Norman Park Center Partners

 **CIRCUIT**


CHULA VISTA
Community
SHUTTLE



www.ridecircuit.com

Request a ride:
(646) 504-3733

Information:
(619) 409-5977

info@ridecircuit.com



CV SENIOR CONNECT

Stay up-to-date with
Norman Park Senior Center

CV Senior Connect serves as a one stop shop for our senior community to memorize one number in order to access an abundance of services and participate in our community. The weekly informational line will help disseminate information and resources more rapidly and timely for our senior community. In addition to the weekly messages, the line includes a phone tree of resources, such as information on Project Cares, 211 San Diego, and essential resources like food distributions and current information on COVID-19. Seniors can call the line any time to hear the latest message or subscribe to this service.

To subscribe to this service, call (619) 409-1932.



To learn more about the program, visit
the City's Age-Friendly webpage at
www.chulavistaca.gov/agefriendly.





MEALS **on** WHEELS SAN DIEGO COUNTY

Norman Park is proud to be in partnership with Meals on Wheels San Diego. Where you can pick up and have meals brought straight to you.

For more information ask staff or give Meals On Wheels a call at *619 420-2782 for more information.*



SOUTHERN CAREGIVER RESOURCE CENTER

Southern Caregivers provide free services for family caregivers including counseling, respite, supports groups, legal consultations and more.

Call *(619) 729-2772* for more information.

Norman Park would like to wish a
Happy Birthday to our Seniors!!

Judy Butcher
Steve Campbell
kathleen Clark
Guadalupe Diaz De Leon
Mary Garcia
Deborah Green
Xiomara Hernandez
Denis Kleweno
Victoria Ledezma
Christina Leos
Carmen Lizarraga
Carmen Munoz
Claire Pratt
Mary Raso
Brock Ray
Josefina Ruiz
Josephine Santiago
Sonia Thompson
Maria aurora Torres
Luiza Vera - Palomino
Elizabeth Winters
Jo Anne Wolfe

APRIL BIRTHDAYS

CONTACT:

Aaron Ruiz

Recreation Supervisor III

(619) 409-1931

aruiz@chulavistaca.gov

David Ramirez

Recreation Supervisor I

(619) 409-1934

dramirez@chulavistaca.gov

Office Hours:

Monday - Friday

8 AM - 5PM

Saturday

8 AM - 1 PM

Sunday

CLOSED

NORMAN PARK SENIOR CENTER

270

Norman Park Senior Center
270 F Street, Chula Vista, CA 91910
(619) 409-1930
www.chulavistaca.gov/rec